

**Title:**

Omalizumab treated patients experience good subjective effect on symptoms and quality of life- results from a nurse initiated real-life interview investigation

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**Background:**

Omalizumab is an effective treatment option in severe allergic asthma and chronic spontaneous urticaria.

**Aim:**

To investigate patients' experienced treatment effect in a real-life cohort of omalizumab treated patients.

**Methods:**

We interviewed 26 consecutive patients (male: 10, female: 16) treated with omalizumab in our outpatient clinic for either severe allergic asthma (n=8), chronic spontaneous urticaria (n=12), severe allergy (n=3), anaphylaxis (n=2) or nasal polyposis (n=1), focusing on their subjective experience regarding changes in symptoms and quality of life from before starting omalizumab treatment and after a minimum of 4 months of treatment. We used a 5-point visual analogue scale from 0 to 4 points (0: very severely impaired; 1: severely impaired, 2: moderately impaired; 3: slightly impaired; 4: not impaired) to ask patients for the impact of symptoms and the impact of their disease on quality of life.

**Results:**

Patients reported a median symptom severity of 0 (IQR: 0; 1) and a median quality of life impairment of 0 (IQR: 0; 0) before starting omalizumab treatment. Patients experienced a symptom relieve by a median 3 points (IQR 2; 3). This symptom relieve was slightly bigger in the patients treated for urticaria (Median 3, IQR 2.5; 3) than in patients treated for other conditions (Median 2, IQR 2; 3; p=0.07).

Patients reported an improvement of their quality of life by a median of 3 points (IQR 2; 3), again, patients treated for urticaria reported a greater improvement of their quality of life (Median 3, IQR 3; 3.5) than patients treated for other conditions (Median 3, 2; 3, p=0.13).

**Conclusion:**

Patients treated with omalizumab experienced a significant improvement of their symptoms and in their quality of life. Patients treated for urticaria had a slightly better subjective effect as compared to patients treated for other conditions.